

What is Claimed:

1. A device for exercising the plantar fascia of a foot comprising  
a first member positionable under the ball of said foot,  
a second member positionable under the toes of said foot,  
attachment means attachable around the ankle above said foot,  
a loop on said attachment means,  
a first line attached to said first member, and  
a second line extending through said loop to said second member  
wherein said first and said second lines are pulled to stretch said plantar fascia.
2. The device of claim 1 and further comprising a first handle connected to said first line and a second handle connected to said second line.
3. The device of claim 1 and further comprising  
a handle having a first end and a second end,  
said first line attached to said first end of said handle, and  
said second line attached to said second end of said handle.
4. The device of claim 3 wherein the lengths of said first line and said second line are adjustable.
5. The device of claim 1 and further comprising a spacer means for fixing the spacing of said second member from said attachment means.

6. A device for exercising the plantar fascia of a foot comprising  
a first member positionable under the toes of said foot,  
a second member attachable to the ankle above said foot,  
a loop on said second member, and  
a line extending through said loop to said first member wherein pulling said line  
will stretch said plantar fascia.

7. The device of claim 6 and further comprising spacer means for fixing the  
spacing of said first member from said second member.